



30 Days of Mindful Deeds

1. MAKE YOUR BED IN THE MORNING
2. DONATE SMALL CLOTHES TO CHARITY
3. FEED THE BIRDS
4. MAKE A SADAQA JAR
5. DONATE GOODS TO FOOD PANTRY
6. LEARN A NEW SURAH
7. SAY ALHAMDULILLAH AFTER EACH MEAL
8. PICK UP LITTER AT THE PARK
9. HELP SET THE TABLE FOR IFTAR
10. PLANT A FLOWER OR TREE
11. PRAY WITH MAMA AND BABA
12. BAKE COOKIES FOR THE NEIGHBOR
13. INVITE SOMEONE OVER FOR IFTAR
14. DONATE A TOY TO TO CHARITY
15. VISIT A SICK OR ELDERLY FAMILY MEMBER
16. HELP WATER THE PLANTS
17. DO SOMETHING KIND FOR SOMEONE
18. LISTEN TO DUAA BEFORE BED
19. HELP COOK IFTAR
20. CALL GRANDPARENTS TO TELL THEM YOU LOVE THEM
21. HELP TEND THE GARDEN
22. REDUCE WASTE AND CONSERVE ENERGY
23. SAY BISMILLAH BEFORE LEAVING THE HOUSE
24. SMILE AT EVERYONE YOU SEE
25. VISIT THE CEMETERY
26. GO FOR A WALK WITH MAMA AND BABA
27. BUY/MAKE EID GIFTS FOR FAMILY
28. MAKE AND SEND EID CARDS
29. HELP DECORATE FOR EID
30. MAKE EID TREAT BAGS FOR CLASSMATES